

"Springbike is a local cycling club..."



June,
2003

Sheryl DeBoer's Women's Seminar for Bicycling

There will be another seminar for women due to popular demand
A&B Cycle 220. W. Walnut Thursday, June 5 at 7pm.

Any woman who is interested in cycling is invited! It will cover a variety cycling information, of course from a woman's point of view. The cost is FREE. If you have questions you may call 864-0550. See you there! Sheryl sheryldeboer@sbcglobal.net

Club Officers & Committees

President: Gary Day 581-6390
gary19402002@yahoo.com

Vice President Dale Deckard 833-0913

Secretary Deborah Peiffer

Treasurer Tony Miller

Program Dir. James Allen 833-1980

Special Event Route Organizer
Jim Freeman 724-2701

Membership Ann-Marie Shy 581-4757

Advocacy Committee

Bruce Adib-Yazdi 881-8510
badib-yazdi@swbell.net

Tube Editor Kathy Hudgens
khudgens@sprynet.com

Webmaster Steve Hargis
www.springbike.org

OMRR/Wimpy's Duathlon

and the

**"Not Just For Wimps"
Frisco 5K Race June
21 8 a.m. Willard**

Jct. 160 and 123

Contact: Rusty Manes,
863-6277
or e-mail

hppytrls4u@aol.com

8th Lenexa Midnight Bike Ride July 12th, 2003

13420 Oak Street, Lenexa, KS 66215

Over 600 riders expected. All proceeds used to support youth activities and programs in the KC Metro area. Chris Cakes all-you-can-eat pancake feed follows the ride. Online registration www.ci.lenexa.ks.us
Jan Huff Soper, Lenexa Optimist Club, President, Lenexa, KS jan@sopershosta.com
913-492-5522 (evenings)

From Our Treasurer

Beginning Bal 4/1/03 ...	\$1968.27
Income	<u>786.00</u>
Total	<u>\$2754.27</u>
Disbursements	<u>446.78</u>
Total	\$2307.49

Beginning Bal 5/1/03 ..	\$2307.49
Income	<u>2116.00</u>
Total	<u>\$4423.49</u>
Disbursements	<u>1425.54</u>
Total	\$2997.95

For questions or clarifications, call
Tony Miller 886-2348

*Deadlines for The Tube are the
20th of each month.*

..whose purpose is to promote enjoyable safe cycling..

MARK YOUR CALENDAR

Weekly Club Rides

Monday: Hickory Hill school or
Turners Station to Stafford.

Tuesday: Turner's Station to
Rogersville.

Thursday: Evans Road Church
to Rogersville.

For more information call Gary
Day at 581-6390 or Dale Deck-
ard 833-0913

These are public roads.

Ride at your own risk.

Wear your helmets.

Have fun!

The Ozarks 100 May 31st

Finley River Park, Ozark, Mo. Choice
of Ride routes start 8:30 \$40. Citizen
Race \$60 starts 8:15. Tricia Nichols,
Kids Across America 417-266-3125
kidsacrossamerica.org May register
online www.active.com

Frisco Highline Trail

Every Monday evening
(6pm) Willard Trailhead on
Jackson Street next to
Willard High School. Casual
riding - all abilities welcome!
Please bring your helmet.

Get in some hills at Branson

Meet 7:00 AM Branson each Saturday.
Directions from Springfield: Take the 2nd
Branson exit marked Hwy 76. Turn Left
(west) on 76 and go 3/4 mile. We are at
the top of the hill, left side of the high-
way. Look for our sign. 417-335-4455
Hope to see you! Craig -Downhill Bikes

Duathlon Series

6 PM Fellow's Lake N. Marina:
June 3: 11mi. bike-2mi. run-
11mi. bike
June 10: 2mi. run-11mi.
bike- 2mi. run. Series Finale
info@ BodyMechanixAthlet-
ics.com. ...Diane Hood

..for the members and the community."



Springbike Bicycle Club had a very successful 2003 Bike Month Kickoff this weekend in Springfield, MO. We had 38 cyclists join us on the 2nd Annual Awareness Ride that promoted Springfield's Designated on street Cycling Routes, which had a few additional miles added this spring. We kicked that ride off with a proclamation from Mayor Tom Carlson read by Councilman John Wylie, and we were also joined by Councilwoman Mary Collette, and Caryn Giarratano, MODot State Bike / Ped Coordinator. The ride made a net profit of over \$300 that is going into a fund for matching Federal \$\$ for bicycle lockers at our Downtown bus terminal. All of the buses are equipped with front-load bike racks.

Saturday afternoon there was a social event planned to give Caryn Giarratano a chance to tell

our club about her role at MODot, and some of her current projects. Again we had councilwoman Mary Collette, and also Councilman Bob Jones at that meeting, who indicated their friendliness to our issues. Caryn also made an informal assessment of the cycling routes and greenway trail systems in Springfield, (which she got a tour of by Terry Whaley, executive Director of Ozark Greenways) and commended the community for what we have accomplished. The information Caryn had for us was both challenging, and inspiring.

Side Note: I personally invite any of you who live in communities with bike facilities, or looking to build facilities - to bring your bike next time you visit Springfield and I will give you a tour of what we have to offer. And hopefully vice-versa - maybe we can compare notes?

Sunday capped the weekend with the Dogwood Metric Century Ride - while the weather was threatening and wind gusts in the 30-40 mph range were noted, we still have approximately 50 people (my guess) do the ride, and it turned out to be absolutely perfect day. My wife and I rode our tandem with Caryn and David Giarratano (well, we mostly saw them from behind) who also ride tandem. The rain held out for our ride, and we enjoyed some good

food afterwards.

Caryn and her husband were here for the weekend. I would encourage all of you in other cities who have similar events to work with Caryn's busy schedule to get her to your area - 1) She is a wealth of information. 2) The more facilities she sees in MO, the better she will be able to look at things from a state level. 3) She and her husband are just a hoot!

I want to thank everyone who helped plan this weekend, and those who have planned upcoming events including Bike to Work Week and Family Day on The Greenways - for a complete listing of events see:

http://www.ozarkgreenways.org/bike_month/index.html

Rolling through Bike Month with high cadence!

Bruce Adib-Yazdi
Springbike Bicycle Club
Advocacy Committee Chairman

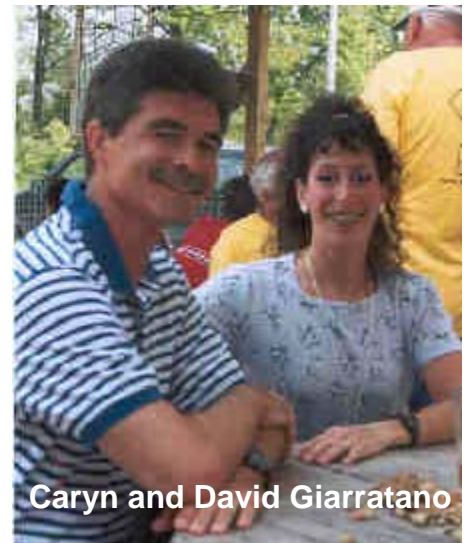


Photo from Awareness ride - Councilman John Wylie presenting May oral Proclamation to Springbike Bicycle Club. The proclamation stated that the City of Springfield recognized the month of May as being Bicycle Month, and May 12-16 being Bike to Work Week.

The ride raised almost \$300 with some proceeds from extra T-Shirts still coming in. Anyone interested in a cool Share The Road T Shirt can contact me.

Bruce Adib-Yazdi

Greetings to the Kind Folks in Springfield:

My weekend visit to your fine community left me looking forward to my next visit. All whom I encountered made me feel welcome and respected. I commend Springbike for gathering local officials' support. The mayor's proclamation was impressive. I was extremely impressed by the three signed bike routes that go through downtown.

The greenway is well on the way toward providing bicycle and pedestrian transportation connectivity to make the community an even more pleasant one in which to live. I suggest that the realtors

in your community begin planning now how to spend their new money. Studies have indicated that bike/ped friendly communities command a 20% higher property value than the unfriendly ones.

The greenway trail system is truly Springfield's crown jewel and I was pleased by tour guide Terry Whaley's excellent explanation. I was thrilled with Terry's thoughtful and organized vision of the future for his community to make it a better place to live.

I most enjoyed riding the Dogwood Metric. The scenery was breath-taking and the terrain was delightful. The after ride meal was wonderful and the elevation profile card, signed by Springbike members on the ride, was awesome.

I profusely thank Bruce Adib-Yazdi and his wife Joyce Eiken who seemed focused on providing my husband and me with an organized and delightful Springfield bicycle experience. Their serving as personal guides to dinner and on the metric ride were most enjoyable.

It is delightful to discover that Springfield is stepping into a leadership role in our state to lead the way towards how to provide a bicycle and pedestrian friendly environment. I send you my congratulations, my appreciation and my anticipation of future accomplishments.

Smooth roads and happy trails, Caryn Giarratano, MoDOT BPC
giarrc1@mail.modot.state.mo.us



Caryn's One-Minute Speech heard at the Galloway Station after the Awareness Ride

It is my vision to make our state a better place in which to walk and ride a bicycle. My main focus is to rewrite or create MoDOT policy to remove the transportation barriers to safe access for these modes of travel. So far, I have rewritten the policy for storm grates and sent it up the chain. I have been working with a Rolla engineering professor to create a new rumble strip policy. The project to re-stripe the northbound lanes of

the MO River Bridge at Jefferson City to provide a 7-foot wide shoulder is scheduled to begin any day. I have encumbered \$4 million of the \$5 million total needed to attach a bike/ped lane to the southbound bridge at Jefferson City. I have been working with the Bicycle and Pedestrian Advisory Committee to create a state bike map. And that's not all...The future's so bright, I gotta wear shades!

...from Caryn Giarratano,

Notes from Terry Whaley :

... three Springbike members from the Advocacy Committee conducted the Annual Springbike Commuter Challenge.

A car, a bike and a bus rider all left Montclair Apartments on the south side of town at the same time for a commute to the lobby of the Bush Building, a distance of 3.97 miles.

The car beat the bicycle but only by less than 1 minute. Officially the car got to its parking area at 8:00 a.m. and the driver was in the lobby at 8:03.. The cyclist was in the lobby

Coming Next Month:

Next month we will have an excerpt from "Street Smarts, Bicycling's Traffic survival Guide" available (free) in our local bike shops. Caryn is reviewing the book in the picture. I en-

ceived several health benefits of which all of you are aware of.

On the up side for the bus rider was time to read the paper, pay a few bills and review a few work reports. All this at a cost of only 75 cents. The travel cost of the car was calculated at \$1.38, this includes insurance, fuel and upkeep. The cost for the bike is 1-cent per mile or 4-cents in this trip. The cyclist re-

courage you to check it out yourself! We will also be edified with the article "Safe Group Riding" by Ken Norton.

Share your stories, routes and rides! We'd love to hear about them! Kathy Hudgens, editor

My conclusion is that the car driver lost out as this was the most expensive mode of travel and the driver received no benefits toward health or accomplishment of productive work....

Enjoy the ride home.

T. (edited for brevity by KMH)

The Tube



www.springbike.org

Springbike Bicycle Club's Newsletter

"Springbike is a local cycling club whose purpose is to promote enjoyable safe cycling for the members and the community."

MEMBERSHIP FORM

Name: _____
 Address: _____
 City: _____ Zip: _____ Phone: _____
 State: _____ Email: _____

____ New membership
 ____ Renewal (Due each April 1)

One year membership
 ...\$15.00 per household
 Two year membership
 ...\$28.00 per household
 Three year membership
 ...\$40.00 per household

Springbike Bicycle Club cannot be held responsible for any accident that may occur during, or as a result of, our activities. Participants ride at their own risk. For the safety of participants, Springbike Bicycle Club requires that approved helmets be worn on all club-sponsored rides.

Signed _____
 Date: _____



Springbike Bicycle Club
 PO Box 9823
 Springfield, MO 65801

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 PERMIT NO. 616

These Springfield area bike shops support the Springbike Club with member discounts, and donations of time and merchandise for special events. Return the favor and support these shops with your business. Shop your local bike shops first!



Willard Bike Shop

106 E Jackson
 742-4465

Sunshine Bike Shop

1926 E Sunshine
 883-1113

SportsXtreme

3433-E S Campbell
 883-8100

Cycles Unlimited

1254 E Republic Rd
 887-3560

A&B Cycle Inc.

220 W Walnut
 866-6621